



QIGONG TEACHER TRAINING IN BALI

21 Day Mountain Retreat in Nature 2026

with British Instructor Dave West ~ Tai Chi Bali Healing Arts Centre

HEALTH QIGONG

Foundation Course 100 Hours ~ 08 to 28 February 2026

The most energizing Qigong Course in Bali for beginners and intermediates

ADVANCED QIGONG

* Certification Course 100 Hours ~ 08 to 28 March 2026

For advanced students and those seeking to become Qigong instructors

* 200 Hours Teacher Certification requires completion of both courses ~ Small Group max. 8 students

Euro 2250 per course includes Accommodation ~ Forest Walks ~ Private Consultations ~ Personal Guidance

This is a non-vegetarian retreat. Contact: +6281236467324 ~ info@taichibali.com ~ www.taichibali.com



TEACHER TRAINING RETREATS BALI

Taichi & Qigong Courses in Nature 2026

21 Day Mountain Retreat at Villa Ipsa Mountain Resort Munduk North Bali
with British Instructor Dave West ~ Tai Chi Bali Taoist Healing Arts Centre

HEALTH QIGONG TTC1 Foundation Course 100 Hours ~ 08 to 28 February 2026

ADVANCED QIGONG TTC2 Certification Course 100 Hours ~ 08 to 28 March 2026 *

TAICHI 24 FORMS TTC1 Foundation Course 100 Hours ~ 04 to 24 April 2026

SPIRITUAL QIGONG TTC3 Master Course 100 Hours ~ 09 to 29 August 2026

HEALTH QIGONG TTC1 Foundation Course 100 Hours ~ 04 to 24 October 2026

ADVANCED QIGONG TTC2 Certification Course 100 Hours ~ 08 to 28 November 2026 *

ADVANCED TAICHI TTC2 Certification Course 100 Hours ~ 06 to 26 December 2026 *

* 200 Hours Teacher Certification requires completion of both courses TTC1 & TTC2. Max 8 students.
Euro 2250 per course includes 20 nights accommodation w/breakfast. This a non-vegetarian retreat.
+6281236467324 ~ info@taichibali.com ~ www.taichibali.com

To register for a course please fill in and return the [Registration Form](#) before making your payment.



TAI CHI BALI TEACHER TRAINING COURSES

21 Day Mountain Retreats in Munduk North Bali

With British instructor Dave West ~ Tai Chi Bali Taoist Healing Arts Centre

+6281236467324 ~ INFO@TAICHIBALI.COM ~ WWW.TAICHIBALI.COM

Teaching Tai Chi & Qigong is a great way to help make a difference in other people's lives while keeping yourself healthy & relaxed. We offer 200 Hours Teacher Training Courses at our Mountain Retreat location in Munduk North Bali for small groups max.8 students.

* The 200 Hours Teacher Certification requires completion of both courses TTC1 & TTC2.

HEALTH QIGONG TTC1 100 HOURS FOUNDATION COURSE ~ 08 to 28 February 2026

The most energizing Health Qigong course in Bali for beginner and intermediate level

ADVANCED QIGONG TTC2 100 HOURS CERTIFICATION COURSE ~ 08 to 28 March 2026

For advanced students and those seeking to become Qigong instructor level

TAICHI 24 FORMS TTC1 100 HOURS FOUNDATION COURSE ~ 04 to 24 April 2026

Learn the most popular and effective Tai Chi set in the world for beginner and intermediate level

ADVANCED TAICHI TTC2 100 HOURS CERTIFICATION COURSE ~ 06 to 26 December 2026

For advanced students and those seeking to become Tai Chi instructor level

EURO 2250 per course for 1 person private room

EURO 4000 per course for 2 people sharing room

- Deep immersion into Taoist Healing Arts – see Course Details below
- 30 Group Classes with Instructor Dave West
- 2 x 2.5hrs Group Classes per day
- Monday to Friday 9-11.30am & 3.30-6pm
- No classes on Saturday & Sunday – rest, practice or enjoy the beauty & tranquillity of the mountains
- Private consultation and personal guidance throughout the course
- Optional Forest Walks in the Mountains to Hot Springs, Lakes & Waterfalls
- 21 days/20 nights 3 star hotel accommodation at Villa Ipsa Resort w/Breakfast
- Lunch & dinner not included (approx USD10-20/day)
- This is a non-vegetarian retreat. Vegetarian meals are very limited in this location.
- Advanced payment required with WISE.COM or REVOLUT.COM – see Payment Options below
- 5% discount when you pay for TTC1 & TTC2 at the same time
- For Private Course please Email your preferred dates
- Please fill in and return the [Registration Form](#) before making your payment

LOCATION

VILLA IPSA RESORT Bengkel, Busung Biu, Buleleng Regency, Bali 81152

Google Map <https://maps.app.goo.gl/3ATLCKvYSr3cR6vp7>

QIGONG COURSES



HEALTH QIGONG – FOUNDATION COURSE TTC1

WEEK 1 – Qigong Beginner Course	WEEK 2 – Qigong Beginner Course	WEEK 3 – Qigong Intermediate Course
PRACTICE - Warmup – Waigong 1 – Activation/Circulation Training - Wuji Breathing – Mindfulness Meditation - Buddhist Breathing - Normal Abdominal Breathing - Meditation 1 – Building Qi at Lower Dantien Meditation - Horse Stance – Ma Bu – Body Alignment & Relaxation - Sinking the Qi – Internal Structure 5 Elements Qigong – 5 Organs Healing Exercise - Qi Massage 1 – Qiao Shu (Tapping & Combing) - Heaven & Earth Qigong – Tian Di Ren Gong - Recovery – Ting Jin – Listening Skills - Deep Relaxation – 5 Organ Meditation	PRACTICE - Warmup – Waigong 2 – Flexibility Training - Wuji Breathing – Mindfulness Meditation - Buddhist Breathing - Normal Abdominal Breathing - Meditation 2 – 3 Dantiens, 2 Poles, Taoist Tree Meditation - Horse Stance – Ma Bu – Body Alignment & Relaxation - Sinking the Qi – Internal Structure 14 Joints Rotation Qigong - Qi Massage 3 – Tiantiao (Shaking) - White Crane Tai Chi Qigong - Recovery – Jue Jin – Understanding Skills - Deep Relaxation – 14 Joints Meditation	PRACTICE - Warmup – Waigong 3 – Strength Training - Wuji Breathing – Mindfulness Meditation - Buddhist Breathing – Normal Abdominal Breathing - Meditation 3 – Small Circulation Fire Path Meditation - Tao Yoga – Hua Shan Tao Yin - Horse Stance – Ma Bu – Body Alignment & Relaxation - Sinking the Qi – Internal Structure 8 Pieces of Brocade Qigong – Ba Duan Jin - Qi Massage – Yaohuang (Bouncing) - Recovery – Neishi Jin – Internal Vision Skills - Deep Relaxation – Loving Kindness Meditation
THEORY & PHILOSOPHY - Taoist Healing Arts – 5 Keys to Health & Happiness - Yinyang – Understanding dynamic change & reversal 5 Regulators of the Energetic System 5 Fundamentals of Qi Circulation - Guidelines for Safe & Effective Practice	THEORY & PHILOSOPHY 4 Categories of Qigong - Neigong & Waigong – Understanding 2 Styles of Qigong - TCM – 3 Dantiens, 8 Extraordinary Vessels, 12 Organs, 12 Primary Meridians, Secondary Meridians - Guidelines for Safe & Effective Practice	THEORY & PHILOSOPHY - Core Concepts of Taoist Healing Arts - Wuwei – Understanding natural currents & effortless flow - TCM – 4 most important Extraordinary Vessels 10 Principles of Master Yang Chengfu - Guidelines for Safe & Effective Practice
SUGGESTED READING - Roots of Chinese Qigong by Dr. Yang Jwingming - Mindful Exercise by Dr. Peter Gryffin - Tao Te Ching by Stephen Mitchell (translation)	SUGGESTED READING - Essential Qigong Training by Ken Cohen - Qigong for Health & Martial Arts by Dr. Yang Jwingming 365 Tao Daily Meditations by Den Mingdao	SUGGESTED READING - Essence of Chi Gung by Daniel Ried 8 Simple Qigong Exercises for Health by Dr. Yang Jwingming - Qi Massage by Dr. Yang Jwingming

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ADVANCED QIGONG – CERTIFICATION COURSE TTC2

WEEK 4 – Qigong Intermediate Course	WEEK 5 – Qigong Advanced Course	WEEK 6 – Qigong Advanced Course
PRACTICE - Warmup – Waigong 1 – Activation/Circulation Training - Wuji Breathing – Mindfulness Meditation - Buddhist Breathing - Normal Abdominal Breathing - Sitting Meditation 1234 – Building Qi & Qi Circulation 5 Animals Qigong – Wu Xin Qi 5 Organs Qigong – Healing Sounds & Colours 12 Meridians Qigong - Taoist Healing Qigong – Energy Cleansing with Trees - Deep Relaxation – 6 Healing Sounds – Transforming Emotions	PRACTICE - Warmup – Waigong 2 – Flexibility Training - Qi Massage 4 – Dian Xue – Cavity Press 10 Acupoints - Taoist Breathing – Reverse Abdominal Breathing - Sitting Meditation 7 – Small Circulation Wind Path 5 Animals Qigong – Wu Xin Qi 3 Dantiens Moving Meditation Qigong - Grand Circulation – Great Tai Chi Circle Qigong - Grand Circulation – 5 Gates Breathing - Deep Relaxation – 5 Gates Breathing Meditation	PRACTICE - Warmup – Waigong 3 – Strength Training - Taoist Breathing – Reverse Abdominal Breathing - Sitting Meditation 8910 – Skin & Bone Marrow Breathing 5 Animals Qigong – Wu Xin Qi 3 Treasures Qigong – Jing Qi Shen - Spiritual Cloud Hands – Tai Chi Qigong - Spiritual Qigong – Upper Dantien Breathing – Opening Jade Gate - Taoist Healing Qigong – Dual Cultivation – Partner Healing - Deep Relaxation – One with Nature Breathing Meditation
THEORY & PHILOSOPHY - Mindfulness – Cultivating awareness & presence in practice - Qi – Cultivating & balancing Life energy - Meridian Theory – Energy pathways for balancing & healing	THEORY & PHILOSOPHY 3 Dantiens – Gathering & Storing life Energy - Wu Xing – 5 Elements – Understanding cycles & flow - Yi – Using intention to guide energy & movement	THEORY & PHILOSOPHY 3 Treasures – Cultivating essence, energy & spirit - Taoism – Harmony with nature, embracing change, non-action - Yinyang – Harmonizing life style for flow & balance
SUGGESTED READING - Qigong Embryonic Breathing by Dr. Yang Jwingming - Qigong for Living by Yanling Lee Johnson - Feeling the Way by Rob Long - Tao of Teaching by Greta Nagel	SUGGESTED READING - Meridians & Acupoints by Cheng Xinnong & Zhu Bing - Qigong Small Circulation by Dr. Yang Jwingming - Qigong for Treating Common Ailments by Xu Xiangcai - Tao of Leadership by John Heider	SUGGESTED READING - Taoist Meditation by Thomas Cleary - Dao De Jing A Qigong Interpretation by Dr. Yang Jwingming - Qigong the Secret of Youth by Dr. Yang Jwingming - Zhuangzi The Way to Inner Peace by Yinchi Chen & Tony Blisken

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TAICHI COURSES



TAICHI 24 FORMS – FOUNDATION COURSE TTC1

WEEK 1 – Taichi Beginner Course	WEEK 2 – Taichi Beginner Course	WEEK 3 – Taichi Intermediate Course
PRACTICE - Warmup – Waigong 1 – Activation/Circulation Training - Wuji Breathing – Mindfulness Meditation - Buddhist Breathing - Normal Abdominal Breathing - Meditation 1 – Building Qi at Lower Dantien Meditation - Horse Stance – Ma Bu – Body Alignment & Relaxation - Sinking the Qi – Internal Structure 14 Joints Rotation Qigong - Recovery – Jue Jin – Understanding Skills - Pushing Hands – Coiling Hands – Spinning Hands - Taichi 24 – Forms 1 to 12 - Deep Relaxation – 14 Joints Meditation	PRACTICE - Warmup – Waigong 2 – Flexibility Training - Wuji Breathing – Mindfulness Meditation - Buddhist Breathing - Normal Abdominal Breathing - Meditation 2 – 3 Dantiens, 2 Poles, Taoist Tree Meditation - Horse Stance – Ma Bu – Body Alignment & Relaxation - Sinking the Qi – Internal Structure 14 Joints Rotation Qigong - Taichi Walking – Forms 2 4 6 - Pushing Hands – Brush Knee – Cloud Hands - Taichi 24 – Forms 13 to 24 - Deep Relaxation – 5 Organs Meditation	PRACTICE - Warmup – Waigong 3 – Strength Training - Wuji Breathing – Mindfulness Meditation - Buddhist Breathing – Normal Abdominal Breathing - Meditation 3 – Small Circulation Fire Path Meditation - Zhang Zhuang – Standing Post Meditation – Internal Structure 14 Joints Rotation Qigong - Taichi Walking – Forms 8 10 18 - Great Tai Chi Circle Qigong - Pushing Hands – Fixed Step Single Arm – Horizontal & Vertical - Taichi 24 Forms – Complete Form - Deep Relaxation – Loving Kindness Meditation
THEORY & PHILOSOPHY - Taoist Healing Arts – 5 Keys to Health & Happiness - Yinyang – Understanding dynamic change & reversal 5 Regulators of the Energetic System 5 Fundamentals of Qi Circulation - Guidelines for Safe & Effective Practice	THEORY & PHILOSOPHY 4 Categories of Qigong - Understanding 2 Styles of Qigong – Neigong & Waigong 10 Principles of Master Yang Chengfu - Wuwei – Understanding natural currents & effortless flow - Guidelines for Safe & Effective Practice	THEORY & PHILOSOPHY - The Tai Chi Chuan Classics - Core Concepts of Taoist Healing Arts 8 Internal Skills of Tai Chi Chuan - Yang Style Tai Chi Chuan - Guidelines for Safe & Effective Practice
SUGGESTED READING - Tao Te Ching by Stephen Mitchell (translation) - Harvard Medical School Guide to Tai Chi - Peter Wayne - Yang Taiji 24 Step Short Form - James Drewe	SUGGESTED READING - Tai Chi Chuan Classics - Barbara Davis (translation) - Tai Chi Chuan for Health & Self-Defence - T. T. Liang - Essence of Taijiqigong by Dr. Yang Jwingming	SUGGESTED READING 365 Tao Daily Meditations by Den Mingdao - Thirteen Chapters on Tai Chi Chuan - Cheng Manching - Qigong for Health & Martial Arts by Dr. Yang Jwingming

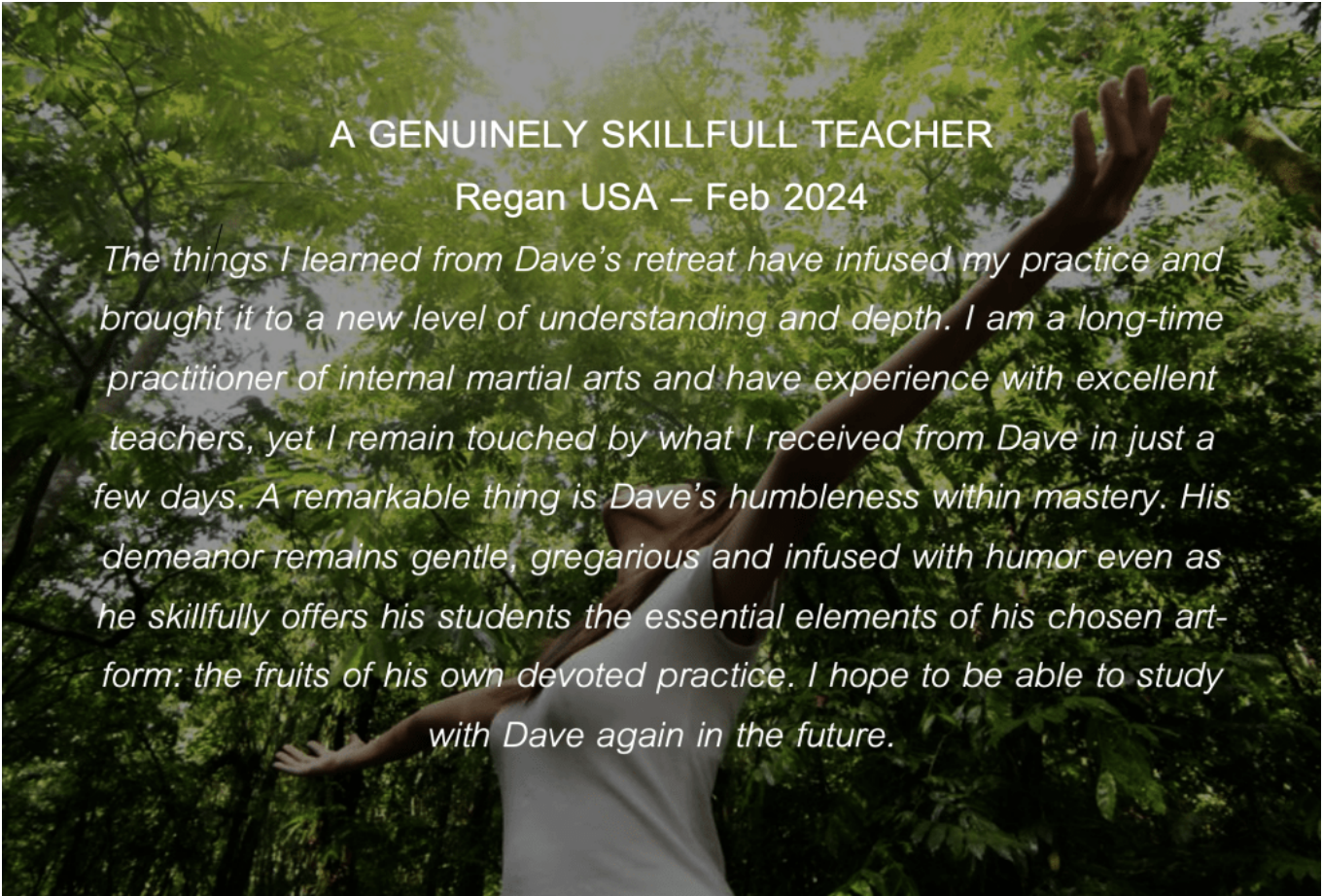
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ADVANCED TAICHI – CERTIFICATION COURSE TTC2

WEEK 4 – Taichi Intermediate Course	WEEK 5 – Taichi Advanced Course	WEEK 6 – Taichi Advanced Course
PRACTICE - Warmup – Waigong 1 – Activation/Circulation Training - Wuji Breathing – Mindfulness Meditation - Buddhist Breathing – Normal Abdominal Breathing - Sitting Meditation 3 – Small Circulation Fire Path - Zhang Zhuang – Standing Post Meditation 14 Joints Rotation Qigong - Taichi Ruler Qigong - Taichi Walking – Forms 8 10 18 - Pushing Hands – Fixed Step Single Arm - Taichi 24 Forms – Complete Form - Deep Relaxation – 5 Gates Breathing Meditation	PRACTICE - Warmup – Waigong 2 – Flexibility Training - Wuji Breathing – Mindfulness Meditation - Taoist Breathing – Reverse Abdominal Breathing - Sitting Meditation 7 – Small Circulation Wind Path - Zhang Zhuang – Grand Circulation Meditation 5 Loosening Up Qigong - Taichi Ball Qigong - Pushing Hands – Fixed Step Double Arm - Taichi 24 Forms – Complete Form 13 Original Movements of Tai Chi - Deep Relaxation – Great Tai Chi Circle Meditation	PRACTICE - Warmup – Waigong 3 – Strength Training - Wuji Breathing – Mindfulness Meditation - Taoist Breathing – Reverse Abdominal Breathing - Sitting Meditation 8910 – Skin & Bone Marrow Breathing - Zhang Zhuang – Grand Circulation Meditation 5 Loosening Up Qigong - Taichi Stick Qigong - Pushing Hands – Moving Step Double Arm - Taichi 24 Forms – Complete Form 13 Original Movements of Tai Chi - Deep Relaxation – Spiritual Breathing Meditation
THEORY & PHILOSOPHY - The Tai Chi Chuan Classics 8 Internal Skills of Tai Chi Chuan - Yang Style Tai Chi Chuan	THEORY & PHILOSOPHY 8 Energies & 5 Elements - Yi Qi Li – Using intention to guide energy & movement - Yang Style Tai Chi Chuan	THEORY & PHILOSOPHY - Core Concepts of Taoist Healing Arts - The Inner Teachings of Taoism - Masters & Methods
SUGGESTED READING - Tai Chi Chuan Theory - Yang Jwingming - Teaching Tai Chi Effectively by Dr. Paul Lam - Qigong Small Circulation by Dr. Yang Jwingming	SUGGESTED READING - Taoist Meditation by Thomas Cleary - Taichi Secrets of the Ancient Masters by Dr. Yang Jwingming - Essence of Tai Chi & Pushing Hands - Wang Fengming	SUGGESTED READING - Five Levels of Tai Chi Chuan - Chen Xiaowang - Dao De Jing A Qigong Interpretation by Dr. Yang Jwingming - Tao of Leadership by John Heider

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A GENUINELY SKILLFULL TEACHER

Regan USA – Feb 2024

The things I learned from Dave's retreat have infused my practice and brought it to a new level of understanding and depth. I am a long-time practitioner of internal martial arts and have experience with excellent teachers, yet I remain touched by what I received from Dave in just a few days. A remarkable thing is Dave's humbleness within mastery. His demeanor remains gentle, gregarious and infused with humor even as he skillfully offers his students the essential elements of his chosen art-form: the fruits of his own devoted practice. I hope to be able to study with Dave again in the future.

Retreat Schedule

- Classes are Monday to Friday
- No classes on Saturdays & Sundays which gives you options to rest and relax by the pool or sauna, solo practice/meditation, or visit the local waterfalls, lakes and hot springs
- 6am Sunrise Qigong Solo Practice (optional)
- 7.30am Breakfast
- 9 - 11.30am Qigong Morning Group Class
- 11.30am Forest Walk (optional)
- 1pm Lunch
- 2 - 4pm Rest - Solo Training & Written Assignment
- 3.30 - 4pm Private Consultation 1-to-1 (optional)
- 4 - 6.30pm Qigong Afternoon Group Class
- 7pm Dinner
- 9pm Rest - Solo Meditation (optional)

Requirements for Certification

- Everyone can join TTC1 Foundation Course no requirements.
- Teacher Training Certification requires completion of both TTC1 & TTC2
- Applicants for the Master Course TTC3 (Spiritual Qigong) require completion of both TTC1 & TTC2
- All students are required to behave in a professional manor
- Attend all classes on time Monday to Friday 9 - 11.30am & 4 - 6.30pm
- Practice 1 hour Solo Training per day
- Complete the Written Assignment by the last day of the retreat
- Complete 3 Teaching Practice Assignments (30 mins each) by the end of the retreat
- Phones & all internet devices are not permitted during classes
- Smoking is not allowed anywhere on all retreats & courses.

Retreat Details

* Please fill in and return the **Registration Form** *before* making your payment.

Healing Power of Nature

During the retreat a natural force field develops within you that recharges your whole being with healing energy that promotes positive changes in all aspects of your life. The health benefits, mental relaxation and spiritual strength accumulated on this retreat can last for several weeks, and is a great inspiration to keep up your daily practice at home in health and harmony with nature.

Location

The Retreat is held near the secluded mountain village of Munduk at an altitude of 1000m, deep in the bamboo rain forests of North Bali. At selected natural beauty spots along the way you can practice Tai Chi and Qi Gong and absorb the abundant Qi of nature with relaxing stretches, breathing exercises, and energy meditation. **[Google Map](#)**

Traveling in Bali

- As a visitor to Bali please respect the local culture and traditions.
- As a student at our centre please conduct yourself in a professional manner.
- Narcotics are illegal in Indonesia and are not permitted on retreats and courses.
- Bali is a non-vegetarian island. Vegetarian restaurants are very limited outside the tourist areas of Canggu and Ubud.
- Tai Chi Bali recommend that you obtain full visitor information from your Indonesian Consulate before departure from your country of residence regarding your stay in Indonesia, i.e. travel documents, visa requirements, length of stay, travel insurance, certificates of vaccination, etc.
- For more Visa info click here **<https://evisa.imigrasi.go.id/>**

Arrival & Departure Times

Arrival time on the first day of your retreat is at 1pm check-in at Villa Ipsa Resort Munduk, North Bali. The first class starts at 4pm.

Departure time on the last day of your retreat is at 12pm check-out. The last class is at 9 to 11am.

Airport Pickup

For an additional payment of Euro 50 one way you can be met at the Arrivals Gate in Bali International Airport by our trusted driver, who will take you directly to the Mountain Retreat located near the village of Munduk in North Bali (3 hours drive). This option requires advanced booking and advanced payment at the time of registration for your retreat/course. Official airport taxis are also available on arrival if you prefer to find your own transportation.

Retreat Schedule

The retreat schedule, treks and hotel may change according to availability, dry/rainy season, and closure of national parks and private property. We always do our best to offer you the best option available.

- Classes are Monday to Friday
- No classes on Saturdays & Sundays which gives you options to rest and relax by the pool or sauna, solo practice/meditation, or visit the local waterfalls, lakes and hot springs
- 6am Qigong Solo Practice (optional)
- 7.30am Breakfast
- 9am Qigong Morning Group Class

- 11.30am Forest Walk (optional)
- 1pm Lunch
- 2 - 4pm Rest - Solo Training & Written Assignment
- 3.30pm Private Consultation 1-to-1 (optional)
- 4pm Qigong Afternoon Group Class
- 7pm Dinner
- 9pm Rest - Solo Meditation (optional)

Retreat Topics

Tai Chi and Qi Gong have their roots in Tao philosophy and includes: Introduction to Taoist Healing Arts, Qi Gong Breathing Meditation, Qi Gong Energy Meditation, Qi Gong 8 Brocades, Qi Gong 5 Animals, Qi Gong 6 Healing Sounds, Forest Qi Gong, Forest Therapy, Tai Chi Walking Meditation, 4 Core Movements of Tai Chi, Yang Style Tai Chi 24 Forms and Tai Chi Pushing Hands. Theory includes 3 Principles of Yin and Yang, 5 Fundamentals of Qi Gong, and 10 Principles of Tai Chi Chuan. PDFs & Videos are included in the Retreat Price to support topics taught in class, and includes advanced philosophy and theory for further study at home.

Mountain Climate

- APRIL to OCTOBER ~ low rainfall ~ low humidity ~ temp 20-30'C
- NOVEMBER to MARCH ~ high rainfall ~ high humidity ~ temp 25-35'C

Forest Walks

Forest Walks take you through tropical rain forest and mountain paths to rivers, hot springs, lakes and waterfalls. The retreat offers 1 to 2 hours walking with shorter walks are also available for less able walkers. At selected natural beauty spots along the way we practice Tai Chi and Qi Gong to nourish ourselves with the abundant Qi of nature using gentle stretches, breathing exercises, and energy meditation. Walking in nature not only revitalizes the body and refreshes the mind, but also conditions the legs for Tai Chi and Qi Gong.

Hotel Accommodation

The mountain hotel accommodation is the perfect location for your Tai Chi Bali retreat due to its remoteness and natural healing energies from the forest and mountains. This 3 star accommodation is nestled in the north west of Bali near Munduk Village, surrounded by gorgeous views of Mt. Batukaru the second highest in Bali. The general area is 2 hours northwest of Ubud and 3 hours from the International Airport, at an altitude of 1000 meters. This peaceful resort offers a combination of luxury modern comforts, friendly service, scenic views of the mountains, and surrounded by coffee & clove plantations. The rooms are very comfortable and clean with all the modern comforts you expect at a 3 star resort. Also included with the room is free wifi, large fridge, tea & coffee, drinking water & a hearty breakfast.

Hotel Restaurant

This is a non-vegetarian retreat. Vegetarian restaurants are very difficult to find outside the tourist areas of Canggu & Ubud. The hotel restaurant offers a choice of International, Indonesian, Balinese and Chinese cuisine at reasonable prices, mostly non-vegetarian. Upon arrival special meal requests may be given to the Hotel Manager but are subject to availability as the hotel offers very few vegetarian options.

Hotel Breakfast

Every morning a hearty mountain breakfast is provided by the hotel (mostly non-vegetarian) which is included in the Retreat Price. For special diets, additional groceries can be purchased at your own expense before arrival to the retreat location.

Lunch & Dinner

Lunch & dinner are not included in the price and will be charged in addition at menu price by the hotel upon departure. You will need to bring enough money for 2 meals/day (USD10-20/day). Hotel Restaurant prices are inexpensive and the food is delicious. Several other inexpensive restaurants are located nearby in the village of Munduk and Banyuwatis a short drive from the hotel. This is a non-vegetarian retreat. Vegetarian restaurants are very difficult to find outside the tourist areas of Canggu & Ubud. The hotel restaurant offers a choice of International, Indonesian, Balinese and Chinese cuisine at reasonable prices, mostly non-vegetarian. Upon arrival special meal requests may be given to the Hotel Manager but are subject to availability as the hotel offers very few vegetarian options.

Internet

Wifi username and password are available on request at the hotel Reception. The signal is available in the rooms but usually strongest in the restaurant.

What To Bring

- Comfortable Clothes
- Sports Shoes
- Light Long Trousers
- Light Long Sleeve Sweater
- Swimwear & Travel Towel
- Water bottle
- Aromatherapy Mosquito Repellent
- Flashlight
- Light Raincoat (rainy season only Nov-March)

What Not To Bring

Our retreats encourage you to immerse yourself in the beauty of nature and refresh your whole being with mountain Qi. It is a safe space where you can experience complete relaxation and gain a high level of self-knowledge through study, practice and meditation. It is the perfect setting for profound self-realization & reflection.

- For deep healing it is therefore recommended to take a break from phones, laptops and TV. If you do bring your phone or laptop on retreat then you must leave it in your room. Do not bring to classes.
- It is not advised to continue full time online employment during these retreats.
- Narcotics are illegal in Indonesia and are not permitted on retreats and courses.
- Most important is that you relax, practice, and enjoy this special time in the mountains!

Code of Conduct

- Protect and preserve the natural world.
- Respect the local culture and tradition.
- Practice together in friendship and harmony.
- Work hard to improve your skills.
- Cultivate unity, wisdom and compassion.
- Please take all your rubbish back to the hotel for disposal.
- Please arrive at least 5 minutes early for all classes and walks.
- Phones & all internet devices are not permitted in classes.
- To reduce electromagnetic radiation do not bring your phone to classes.
- Smoking is not permitted for the full duration on all courses and retreats.
- Alcohol is not permitted during classes.
- Participants who repeatedly disturb the healing tranquility of the retreat will be asked to leave.



SPIRITUAL QIGONG COURSE

Evelyn UK – June 2023

My partner and I have been practicing Qigong for over 10 years and were looking for something to help elevate our practice to the next level. We finally found it with Tai Chi Bali's Spiritual Qigong. A wonderful advanced course created by Dave West in the foothills of Munduk Bali.

The Spiritual Qigong training was quite different from anything we'd experienced with other teachers. With its roots in Xi Sui Jing and Tao Yin, we learned to achieve a deep state of internal tranquility in order to lead chi into the brain and bone marrow more efficiently.

Surprisingly, the advanced stillness meditations flowed easier through my mind and body than expected, mainly, I feel, to the peaceful location surrounded by natural healing energy, which helped boost me to a higher level of consciousness.

Overall, a good mix of classroom philosophy and practising outdoors in the forest at waterfalls and lakes.

Payment Options - Terms & Conditions

Registration Form

- Please fill in and return the [Registration Form](#) before making your payment.

Advanced Payment

- All courses and retreats require advanced payment.
- We can hold your reservation for max. 7 days to give you time to make your payment.
- Your booking is confirmed only after we have received your payment.
- The deadline for payment is 14 days before the start date of your course/retreat.
- To avoid disappointment we recommend you pay asap as we only accept max. 16 people per course/retreat.

Payment Options

- We only accept payment by bank transfer with [Wise.com](#) and [Revolut.com](#) Please pay online with debit or credit card.
- Please pay your own transfer fees.
- The full retreat price must arrive in our account without any deductions.
- If you are already in Bali, you can go to any Bank Permata and pay directly into our business account.
- To request Tai Chi Bali bank account details [Contact us](#)

Cancellation

- Cancellation for any reason 7 days before the start date is subject to a 50% cancellation fee, or you may reschedule one time only. After this one time reschedule there is no refund and no reschedule.
- Cancellation for any reason after 7 days before the start date is subject to a 100% cancellation fee, no refund and no reschedule.
- Refunds may be requested by submitting full bank transfer details within 180 days of cancellation. After 180 days without submitting bank details the refund will be cancelled.
- In the event of refund, all bank transfer fees will be deducted from the refund amount.

Please note

- Our intention is to invite like-minded people into a safe and healing environment which allows space for learning and growth in nature. As guests at our school, we hope you all enjoy the healing space provided, practice together in friendship and harmony, and carry forward the great traditions of Tai Chi and Qi Gong with modesty and respect. To maintain this healing environment you must therefore agree to our Terms & Conditions to be accepted onto the course/retreat. On the rare occasion that someone does not take our Terms & Conditions seriously by repeatedly disturbing the healing tranquility of the course/retreat or by repeatedly behaving unprofessionally, and not following the Terms & Conditions they agreed to in the Registration Form (i.e. repeated inappropriate or unprofessional behaviour, bringing phones or using phones in the classroom, coming to classes drunk or stoned, etc) we may have to give them a private warning, or in extreme cases ask them to leave the course/retreat.

Disclaimer

- Our goal is to complement the advice from your licensed health care professional by providing information which may encourage healing of the body, mind, and spirit.
- We recommend that you seek advice from your licensed health care professional before embarking on this or any other program contained in or demonstrated herein.
- Tai Chi Bali disclaim any liability or loss in connection with any activities or information contained in or demonstrated herein, or from the adoption of any instruction or guidance expressed therein.
- The Retreat Schedule, Treks and Hotel may change according to availability, dry/rainy season, and closure of national parks and private property. We always do our best to offer you the best option available.



5 DAY MOUNTAIN RETREAT ~ Brigitte AUS ~ August 2024 Google Review

"Something happened on this mountain retreat that I did not expect: I learned to breathe. This in turn helped me to be in the present, thanks to the Lower Abdominal Breathing Meditation. Dave is a very talented teacher and practitioner with a great sense of humour. The other three women who were in our group were beautiful souls, and we had a very connected time together. The people in Bali are also so very giving, it was the cherry on the cake, a wonderful experience, and I look forward to deepening my experience by daily practice."